

Rebelytics Low Nickel Diet and Low Cobalt Diet Points System

September 2025: Ni v9.1.1, Co v2.0.1

- Adults should aim for <15 points per day for cobalt and nickel separately. For children, consult a medical professional.
- Foods marked with a * after the score have very little data, so their score is unreliable.
- Minimum and maximum scores are shown in brackets beside the average score. If the range is large, be suspicious.
- Pay attention to serving sizes! We recommend using a kitchen scale until you get used to estimating serving sizes.
- “Prepared” meats, fish and vegetables are separated from raw because cookware can affect nickel and possibly cobalt content. If someone else is doing the cooking, use the “prepared” score. If you are making the food with low nickel/cobalt cookware, use the regular score.

To explore the data that the scores are based on, change serving sizes and log your nickel or cobalt intake, try the Nickel Navigator and Cobalt Companion apps on Android and iOS.

NOTE: This diet is intended for individuals with diagnosed nickel and cobalt allergies. If you have not been medically tested, please do so before starting this diet. Consult a medical professional or nutritional advisor to ensure that your long-term dietary needs are being met.

Dairy products and substitutes

Co Score Ni Score

Cream, non-dairy, 15 g	0*	0 (0-1)
Whipped cream, 15 g	0*	0
Evaporated milk, 15 g	0 (0-1)	0 (0-1)
Cream, 15 g	0 (0-1)	0 (0-1)
Quark, 100 g	0*	1 (0-1)
Crème fraîche, 55 g	1 (0-1)	1 (0-1)
Cheeses, 30 g	1 (0-3)	0 (0-2)
Cottage cheese, 125 g	1	1 (0-2)
Processed cheese, 30 g	1	1 (0-2)
Yogurt drink, 188 g	1*	1 (0-1)
Yogurt, 175 g	1 (0-2)	1 (0-3)
Milk powder, 25 g	1*	1 (0-3)

Cream cheese, 30 g	1 (0-2)	0 (0-1)
Buttermilk, 250 g	1 (0-2)	1 (0-4)
Sour cream, 24 g	1*	0
Yogurt drink substitute, coconut, 188 g	1 (1-3)	1 (0-3)
Milk, 250 g	1 (0-8)	1 (0-3)
Rice beverage, 250 g	1	2 (1-7)
Paneer/khoa/halloumi, 80 g	1*	2 (1-3)
Yogurt substitute, coconut, 175 g	1 (1-4)	2 (0-13)
Almond beverage, 250 g	2 (1-5)	2 (1-3)
Peanut beverage, 250 g	1*	3*
Coconut beverage, 250 g	2 (1-2)	3 (0-11)
Yogurt, with fruit, 175 g	3 (1-12)	1 (0-3)
Oat beverage, 250 g	2 (1-8)	4 (2-7)
Soy beverage, 250 g	3 (1-6)	5 (1-13)
Cashew beverage, 250 g	3 (1-7)	7 (2-11)
Ricotta cheese, 55 g	0*	
Cream substitute, soy, 15 g		0*
Cheese substitutes, coconut oil, 30 g		0
Cream substitute, oat, 15 g		1 (0-1)
Cultured milk, 188 g		1 (0-1)
Cheese substitutes, oat, 30 g		1*
Cheese substitutes, soy, 30 g		2*
Yogurt substitute, oat, 175 g		4*
Yogurt substitute, soy, 175 g		11 (4-22)

Grain products and bakery

Co Score Ni Score

Cold cereal, rice, 15 g	1*	1 (0-2)
Pasta, white wheat, dry, 85 g	1	1 (1-4)
Rusk, plain or fruited, 30 g	1*	1
Hot cereal, wheat, dry, 40 g	1*	1 (1-2)*
Hot cereal, wheat, cooked, 194 g	1 (0-2)	1 (1-2)
Rice cakes, 15 g	1*	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)	1 (1-2)
Cold cereal, corn, 30 g	1 (1-3)	1 (0-2)
Crackers, 30 g	1 (1-6)	1 (0-2)
Hot cereal, rice, cooked, 194 g	1*	2 (1-2)
Hot cereal, rice, dry, 40 g	2 (1-2)*	1 (1-2)
Bread, whole wheat, 75 g	2 (1-2)	2 (1-4)
Bread, white, 75 g	2 (1-4)	1 (1-2)
Crispbread, 30 g	2 (1-3)	1 (1-2)

Cold cereal, wheat bran, 30 g	2 (0-5)	1 (1-3)
Simple pastries, 55 g	2*	1
Bread, rye, 75 g	2 (1-4)	1 (1-2)
Pasta, white wheat, cooked, 215 g	2 (1-10)	1 (0-3)
Bread, multigrain, 75 g	2 (1-4)	2 (1-11)
Pasta, rice, dry, 85 g	3*	2
Yeast dough, 55 g	3*	1
Bread, gluten-free, 75 g	3*	2 (0-4)
Bread, seeded, 75 g	3*	3 (1-8)
Cold cereals, fruit flavoured, 30 g	3*	2 (1-3)
Crackers, seeded, 30 g	5*	1*
Cold cereal, granola/muesli, 55 g	2 (1-5)	6 (1-13)
Hot cereal, oat, cooked, 194 g	1 (1-2)	8 (2-19)
Shirataki noodles, cooked, 215 g		0*
Pasta, bean-based, cooked, 215 g		0*
Rice paper, 15 g		0*
Pastry doughs, 21 g		1 (0-1)
Crackers, butter-type, 30 g		1 (0-1)
Crackers, saltine or cream, 30 g		1 (0-1)
Soft pretzel, 55 g		1
Baguette, 75 g		1*
Breadcrumbs, 30 g		1
Hot cereal, rye, cooked, 194 g		1
Glass noodles, cooked, 215 g		1 (0-1)*
Hot cereal, rye, dry, 40 g		1*
Bread, barley, 75 g		1
Pasta, rice or corn, cooked, 215 g		1 (0-2)
English muffin, 55 g		1
Cold cereal, wheat bran with raisins, 30 g		1 (1-2)
Flatbread, 55 g		1 (1-2)
Bagel, 85 g		1 (1-2)
Rolls, seeded, 55 g		1 (1-2)
Hot cereal, barley, cooked, 140 g		1 (1-3)
Hot cereal, corn, cooked, 194 g		1 (1-2)
Blood bread, 75 g		1*
Pasta, whole wheat, cooked, 215 g		2 (0-3)
Potato dumpling/gnocchi, cooked, 215 g		2 (1-3)*
Pasta, whole wheat, dry, 85 g		2 (1-3)
Bread, fruited, 75 g		2 (1-4)

Rolls, multigrain, 55 g		2 (1-4)
Cold cereal, other grains, 30 g		3 (1-11)
Hot cereal, multigrain, cooked, 194 g		4 (2-12)
Bread, oat, 75 g		4 (1-5)
Bread, spelt, 75 g		4 (3-5)
Cold cereal, oat ring, 30 g		7 (2-12)
Hot cereal, millet, cooked, 194 g		10 (8-10)
Crackers, buckwheat, 30 g		13*
Hot cereal, buckwheat, cooked, 140 g		16 (4-22)
Pasta, bean-based, dry, 85 g		21*
Pasta, buckwheat, dry, 85 g		34*
Pasta, buckwheat, cooked, 215 g		40*

Whole grains, flours and starches

Co Score Ni Score

Flour, rye, 30 g	1 (0-1)	1
Flour, spelt, 30 g	1*	1*
Flour, barley, 30 g	1*	1*
Flour, rye, whole, 30 g	1*	1
Flour, spelt, whole, 30 g	1*	1 (1-2)*
Flour, whole wheat, 30 g	1 (1-2)	1 (1-2)
Bulgur, 45 g	1*	1 (1-4)
Rice, black, raw, 45 g	1*	1 (1-2)*
Rice, white, cooked, 140 g	1 (1-2)	1 (1-3)
Flour, white, 30 g	1 (0-4)	1 (0-1)
Rye kernels, whole/cracked, 45 g	1 (1-2)	1
Oat bran, 15 g	1*	2*
Flour, cassava, 30 g	1*	2 (1-2)
Rice, white, raw, 45 g	1 (0-2)	2 (1-2)
Cornmeal, 30 g	1*	2 (1-4)
Spelt, raw, 45 g	1*	2
Rice, brown, raw, 45 g	1 (1-2)	2 (1-2)
Barley, raw, 45 g	2 (1-2)*	2 (1-3)
Flour, rice, 30 g	2 (0-3)*	2 (1-4)
Wheat bran, 15 g	2 (0-3)	1 (1-3)
Wheat germ, 15 g	2 (1-2)	2 (1-2)
Flour, teff, 30 g	2*	2 (2-3)*
Quinoa, cooked, 140 g	3*	2 (0-3)
Amaranth, raw, 45 g	0*	4 (1-8)

Quinoa, raw, 45 g	0*	4 (1-11)
Wheat grain, 45 g	4 (0-22)	1 (1-4)
Flour, buckwheat, 30 g	4*	5 (2-13)
Oats, raw, 40 g	1 (1-2)	6 (2-12)
Flour, soy, 30 g	5*	7 (5-13)
Millet, raw, 45 g	8 (2-21)	5 (3-8)
Buckwheat, raw, 45 g	6 (3-16)	10 (2-25)
Flour, peanut, 15 g	9*	
Rice bran, 15 g	5*	
Rye grains, sprouted, 140 g		0*
Rice, red, cooked, 140 g		0*
Rice, wild, cooked, 140 g		0*
Starch, wheat, 10 g		0*
Starch, potato, 10 g		0*
Flour, potato, 30 g		0*
Starch, rice, 10 g		1*
Starch, corn, 10 g		1*
Wheat gluten, 15 g		1*
Semolina, 45 g		1
Starch, cassava, 10 g		1*
Rice, brown, cooked, 140 g		2 (1-3)
Wheat kernels/bulgur, cooked, 140 g		2*
Flour, sea buckthorn, 15 g		3*
Flour, coconut, 15 g		3*
Pumpkin seed flour, 15 g		3*
Sorghum, cooked, 140 g		3*
Sorghum, dry, 45 g		3*
Flour, almond, 15 g		3 (2-4)
Flour, chickpea, 15 g		4 (2-7)
Flour, millet, 30 g		4*
Flour, oat, 30 g		6*
Flour, hemp, 15 g		15 (6-25)*
Rice, wild, raw, 45 g		15*
Amaranth, black, raw, 45 g		16*
Flour, pea, 15 g		20 (1-52)

Fruits - Berries

Co Score

Ni Score

Lingonberries, 80 g	0 (0-1)	1 (1-3)
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Blueberries, 80 g	1 (0-1)	1 (1-2)
Currants, 80 g	1 (0-2)	1 (0-2)
Cloudberry, 80 g	1*	2
Strawberries, 140 g	2 (1-4)	1 (0-4)
Raspberries, 80 g	2 (0-10)	3 (0-8)
Goji berries, 80 g	5 (4-5)*	5*
Bilberries, 80 g	9*	
Açaí berries, 80 g	35*	
Mulberry, 80 g		1*
Elderberries, 80 g		1
Pomegranate, 80 g		1*
Cranberries, 55 g		1
Gooseberries, 80 g		1
Rowanberries, 80 g		1
Currants, canned, 80 g		2*
Blackberries, 80 g		2 (2-3)
Rosehips, 80 g		4*
Strawberries, canned, 140 g		4*

Fruits - Citrus

Co Score

Ni Score

Citrus fruits, unspecified, 140 g	1	1 (1-2)
Orange, 140 g	1*	1 (1-4)
Grapefruit, 140 g		1 (0-3)
Lemon / Lime, 55 g		1 (0-2)
Pomelo, 140 g		1 (1-2)
Tangerine or mandarin orange, 140 g		1 (1-3)
Citrus fruits, canned, 140 g		2 (1-4)

Fruits - Other

Co Score

Ni Score

Apple, 140 g	1 (0-1)	1 (0-2)
Grape, 140 g	1 (0-1)	1 (0-4)
Kiwi, 140 g	1	1 (0-3)
Cherries, 140 g	1	1
Banana, 140 g	1 (0-2)	1 (1-4)
Papaya, 140 g	1*	1 (1-2)
Mango, 140 g	1*	1 (1-2)
Peach or nectarine, 140 g	1 (1-2)	2 (1-4)
Pear, 140 g	2 (1-3)	1 (1-4)

Pineapple, canned, 140 g	2 (0-3)	2 (1-7)
Pineapple, 140 g	2 (1-4)	1 (1-3)
Melons, 150 g	2 (1-8)	2 (1-5)
Watermelon, 150 g	2*	1 (1-4)
Plum, 140 g	1*	3 (1-8)
Apricot, 140 g	3 (2-7)	3*
Avocado, 140 g	5 (4-6)	5 (1-30)
Coconut, 140 g	1*	11 (4-19)
Breadfruit, 140 g		1
Phalsa, 140 g		1*
Jack fruit, 140 g		1 (1-2)*
Apple, canned, 140 g		1*
Jujube, 140 g		2*
Guava, 140 g		2 (1-2)
Dragon fruit, 140 g		2 (1-3)*
Karonda fruit, 140 g		2*
Apricot, canned, 140 g		2 (1-9)
Fig, 140 g		2*
Lychee, 140 g		2 (1-4)
Dates, fresh, 140 g		2 (2-3)*
Jambu fruit, 140 g		3*
Lychee, canned, 140 g		3*
Persimmon, 140 g		3 (3-4)
Passionfruit, 140 g		4*
Star fruit, 140 g		4*
Sapota, 140 g		5*
Bael fruit, 140 g		5 (4-6)*

Vegetables - Root

Co Score Ni Score

Radish, 85 g	0*	1
Carrot, 85 g	1 (0-1)	1 (0-2)
Onion, 85 g	1 (0-1)	1 (0-2)
Rutabaga, 85 g	1*	1
Beets, 85 g	1	1 (1-3)
Potato, instant, 17 g	1*	1
Potato, 110 g	1 (1-2)	1 (0-5)
Parsnip, 85 g	1 (0-1)*	2 (1-4)
Salsify, 85 g		1*

Celeriac, 85 g		1
Kohlrabi, 85 g		1*
Turnip, 85 g		1 (0-2)
Water chestnut, 85 g		1*
Parsley root, 85 g		1*
Sweet potato, 110 g		2 (1-3)
Jerusalem artichoke, 85 g		2*
Lotus root, 85 g		2*
Yam, 110 g		2 (2-3)
Arracacha, 110 g		3*
Fennel, 85 g		3*
Cassava, 110 g		4 (2-7)
Taro root, 110 g		4*

Vegetables - Leafy

Co Score Ni Score

Head/iceberg lettuce, 85 g	1 (0-1)	1 (0-3)
Cabbage, 85 g	1 (0-1)	1 (0-3)
Lettuces, 85 g	1 (0-6)	1 (0-3)
Chard, 85 g	2*	2 (1-2)
Spinach, 85 g	2 (1-3)*	1 (1-6)
Seaweed, 15 g	1 (0-1)	3 (1-11)
Alfalfa sprouts, 65 g	4*	3 (2-3)
Leaf chicory (endive or radicchio), 85 g	16*	3 (1-5)
Bitter leaf, 85 g		1*
Celtuce/Chinese lettuce, 85 g		1*
Jews mallow leaves, 85 g		1*
Bathua leaves, 85 g		1*
Mustard leaves, 85 g		1 (1-2)*
Cauliflower leaves, 85 g		2*
Kale, 85 g		2 (1-2)
Pea shoots, 85 g		2*
Bok choy, 85 g		2 (1-3)*
Kohlrabi leaves, 85 g		2*
Plumed cockscomb leaves, 85 g		2*
Gboma leaves, 85 g		2*
Water leaf, 85 g		2*
Beet greens, 85 g		2*
Rumex leaves, 85 g		2*

Watercress, 85 g		2 (1-3)
Amaranth leaves, 85 g		2 (2-3)
Drumstick leaves, 85 g		3*
Fluted pumpkin leaves, 85 g		3*
Radish leaves, 85 g		3*
Taro leaves, 85 g		3*
Pumpkin leaves, 85 g		3*
Arugula/rocket, 85 g		3*
Brussels sprouts tops, 85 g		3*
Collard greens, 85 g		3*
Fenugreek leaves, 85 g		3*
Ponnaganni (leaves), 85 g		4*
Garden cress, 85 g		4*
Malabar spinach, 85 g		4*
Betel leaves, 85 g		4 (4-5)*
Gogu leaves, 85 g		5*
Nettle leaves, 85 g		5*
Agathi leaves, 85 g		6*

Vegetables - Other

Co Score Ni Score

Leek, 85 g	0*	1 (1-2)
Celery, 85 g	1 (0-1)	1 (0-2)
Corn, 85 g	1 (0-1)	1 (1-4)
Pickles, 30 g	1*	1 (0-1)
Cucumber, 85 g	1 (0-2)	1 (0-3)
Eggplant, 85 g	1*	1 (0-2)
Mushrooms, 85 g	1 (0-3)	1 (0-2)
Tomato, 85 g	1 (0-2)	1 (0-3)
Cauliflower, 85 g	1 (1-2)	1 (0-3)
Olives, 15 g	1 (1-2)	1 (0-1)
Rhubarb, 140 g	1*	2 (1-3)
Brussels sprouts, 85 g	2*	2 (1-5)
Green beans, 85 g	2 (1-3)	2 (1-5)
Peppers, 85 g	3 (2-3)*	1 (0-5)
Tomato, sun-dried, 30 g	3*	1 (0-1)*
Pumpkin, 85 g	3*	2 (1-3)
Peas, dried, 35 g	3 (0-6)	4 (1-6)
Peas, 85 g	3 (1-11)	4 (1-19)

Broccoli, 85 g	7 (2-12)*	1 (1-3)
Plantain, stem, 85 g		1*
Wax gourd, 85 g		1*
Garlic scapes, 40 g		1*
Plantain, green, 85 g		1*
Ivy gourd, 85 g		1*
Ash gourd, 85 g		1*
Bamboo shoot, 85 g		1*
Spring onion, 40 g		1 (1-2)
Plantain, flower, 85 g		1*
Taro stem, 85 g		1 (1-2)*
Drumstick, 85 g		1*
Zucchini, 85 g		1 (0-3)
Bottle gourd, 85 g		1 (1-2)
Snake gourd, 85 g		2 (1-2)
Pointed gourd, 85 g		2*
Tinda gourd, 85 g		2*
Ridge gourd, 85 g		2*
Squash, 85 g		2 (1-2)
Snow pea, 85 g		2*
Beans, runner, 85 g		2 (2-3)*
Bitter melon, 85 g		2 (1-4)
Snap peas, 85 g		3*
Asparagus, 85 g		3 (2-4)
Okra, 85 g		3 (2-5)*
Bean sprouts, 65 g		3 (2-6)
Chayote, 85 g		4 (1-7)*

Vegetables - Prepared

Co Score Ni Score

Mushroom, composite, 107.5 g	0 (0-1)	1 (0-1)
Corn, canned, 130 g	1 (0-1)	1 (1-6)
Corn, cooked, 130 g	1 (0-1)	1 (1-3)
Carrot, composite, 107.5 g	1 (0-1)	1 (0-5)
Tomato, composite, 107.5 g	1 (0-2)	1 (0-1)
Carrot, cooked, 130 g	1	1 (0-2)
Onion, cooked, 130 g	1 (0-5)	1 (0-3)
Zucchini, cooked, 107.5 g	1*	1 (1-6)
Cabbage, cooked, 130 g	1 (0-4)	1 (0-2)

Seaweed, cooked, 15 g	1 (0-1)	2 (1-3)
Mushroom, canned, 130 g	1*	2 (1-3)
Plantain, cooked, 167 g	1	2 (2-3)
Cauliflower, composite, 107.5 g	2 (1-2)	2 (1-4)
Brussels sprouts, cooked, 130 g	2 (1-3)	1 (1-7)
Mushroom, cooked, 130 g	2*	2 (0-3)
Peppers, composite, 107.5 g	2 (0-4)	1 (0-2)
Beets, cooked, 130 g	2 (1-3)	1 (1-4)
Nettles, cooked, 130 g	2*	1*
Spinach, composite, 107.5 g	2 (1-3)	1 (1-3)
Asparagus, cooked, 130 g	2 (1-4)	2 (1-5)
Broccoli, composite, 107.5 g	2 (1-4)	2 (1-3)
Green beans, cooked, 130 g	2 (2-3)*	2 (1-10)
Rutabaga, cooked, 130 g	2 (1-21)	2 (0-9)
Tomato, canned, 130 g	2*	3 (0-7)
Peas, cooked, 130 g	2 (1-3)	3 (1-11)
Green beans, composite, 107.5 g	2 (1-4)	3 (1-9)
Potato, cooked, 167 g	3 (1-10)	1 (0-4)
Potato, french fried, 70 g	3 (1-10)	2 (1-4)
Yam, cooked, 167 g	3*	2*
Peas, canned, 130 g	1*	4 (3-8)
Broccoli, cooked, 130 g	4 (2-7)	1 (1-3)
Taro, cooked, 167 g	4 (3-6)*	3*
Okra, cooked, 130 g	4*	1 (1-2)
Potato, cooked with skin, 167 g	4 (2-13)	1 (1-5)
Sweet potato, cooked, 167 g	5 (5-6)*	2 (0-6)
Beets, canned, 130 g	5*	1 (1-2)
Cassava, cooked, 167 g	2*	7 (4-10)*
Potato, instant, prepared, 140 g	11*	1*
Pumpkin, cooked, 130 g	24 (4-44)*	2 (1-2)
Bean sprouts, cooked, 65 g		0*
Kohlrabi, composite, 107.5 g		1
Onions, pickled, 130 g		1*
Onion, composite, 107.5 g		1
Turnip, cooked, 130 g		1 (1-2)
Eggplant, cooked, 130 g		1 (0-5)
Brussels sprouts, composite, 107.5 g		1*
Celery, composite, 107.5 g		1 (0-1)
Tomato, cooked, 107.5 g		1*

Cabbage, canned, 130 g		1*
Fennel, composite, 107.5 g		1
Collard greens, cooked, 130 g		1 (1-2)
Leek, cooked, 130 g		1
Pumpkin, marinated, 130 g		1*
Wax gourd, cooked, 130 g		1*
Cabbage, sauerkraut, 85 g		1
Pumpkin, canned, 130 g		1*
Salsify, cooked, 130 g		1*
Water spinach, cooked, 130 g		1*
Spinach, cooked, 130 g		1 (1-2)
Cauliflower, cooked, 130 g		1 (0-5)
Pumpkin, composite, 107.5 g		1 (1-2)
Zucchini, cooked, 130 g		1 (1-6)
Cabbage, composite, 107.5 g		2 (1-5)
Squash, cooked, 130 g		2 (1-7)
Kale, cooked, 130 g		2 (1-4)
Green beans, canned, 130 g		2 (1-5)
Peppers, cooked, 130 g		2*
Sweet potato, canned, 167 g		2 (1-5)
Hairy gourd, cooked, 130 g		2*
Asparagus, canned, 130 g		2 (1-3)
Sponge gourd, cooked, 130 g		2*
Mushrooms, marinated, 130 g		2*
Spinach, canned, 130 g		3 (1-4)*
Jerusalem artichoke, cooked, 130 g		3*
En choy (chinese spinach), cooked, 130 g		3*
Parsnip, cooked, 130 g		3*
Gai lan (chinese kale/broccoli), cooked, 130 g		4*
Snap peas, cooked, 130 g		4*
Fennel, cooked, 130 g		6*

Meat, poultry, eggs and substitutes

	Co Score	Ni Score
Egg powder, 20 g	0*	1
Ground beef and/or pork, 125 g	1	1 (0-2)
Wild boar, 125 g	1	1 (1-2)
Lamb, 125 g	1 (0-1)	1 (1-2)
Beef, 125 g	1 (0-2)	1 (0-2)

Chicken, turkey and other poultry, 125 g	1	1 (0-3)
Venison, 125 g	1 (1-2)	1
Pork, 125 g	1 (0-3)	1 (0-2)
Sausage, 75 g	1	1 (0-1)
Bacon, 54 g	1 (1-2)	1 (0-4)
Horse, 125 g	1*	2 (1-3)
Egg, 100 g	2 (1-5)	1 (0-1)
Soya sausage, 75 g	2 (1-3)*	1 (0-2)
Veal, 125 g	2*	1 (1-2)
Mutton, 125 g	2*	1 (1-2)
Seitan, 100 g	2*	1 (0-1)
Organ meats, 125 g	9 (1-31)	1 (0-6)
Tofu, 85 g	4*	11 (2-37)
TVP (texturized vegetable protein), 100 g	6*	26 (10-53)
Tempeh, 85 g	1*	
Moose, raw, 125 g		1*
Rabbit, 125 g		1 (0-1)
Black pudding, 75 g		1 (0-2)
Goat, 125 g		2
Mithun, 125 g		5 (3-8)
Fermented bean products, 85 g		8*

Meat, poultry and eggs - Prepared

Co Score Ni Score

Lunch meat, 55 g	1 (0-1)	1 (0-2)
Bacon, cooked, 15 g	1 (0-1)	0 (0-1)
Egg, cooked, 100 g	1	1 (0-7)
Venison, cooked, 100 g	1*	1 (0-1)
Beef, cooked, 100 g	1 (1-2)	1 (0-12)
Lamb, cooked, 100 g	1 (1-2)	1 (0-9)
Sausage, cooked, 55 g	1 (0-4)	1 (0-5)
Chicken, turkey and other poultry, cooked, 100 g	1 (1-4)	1 (0-5)
Pate, 55 g	1 (1-2)	1 (0-4)
Lunch meat, canned, 55 g	1 (1-3)	1 (0-1)
Pork, cooked, 100 g	1 (0-7)	1 (0-18)
Pork, cured, cooked, 55 g	1 (1-2)	2 (0-39)
Veal, cooked, 100 g	2 (1-3)	1 (0-3)
Mutton, cooked, 100 g	6 (2-15)	2 (1-6)
Ground beef and/or pork, cooked, 100 g	8 (1-51)	2 (0-31)

Organ meats, cooked, 100 g	10 (4-18)	1 (0-8)
Moose, cooked, 100 g		0*
Rabbit, cooked, 100 g		0*
Organ meats, cured, 125 g		1*
Dried meats, 30 g		1 (0-1)
Black pudding, cooked, 55 g		1 (0-1)
Horse, cooked, 100 g		1*
Meat jellies, 120 g		1
Wild boar, cooked, 100 g		1 (1-2)*

Fish and seafood

Co Score Ni Score

Fish, 125 g	2 (0-10)	1 (0-5)
Shrimp, 125 g	3*	2 (1-3)
Eel, 125 g	3 (2-5)*	1 (0-3)
Oysters, 125 g	4*	6 (1-15)
Snails or whelks, 125 g	1	8 (2-33)
Scallops, 125 g	1*	18 (1-43)
Mussels, 125 g	39 (5-71)	11 (1-40)
Roe substitute, seaweed, 15 g		0*
Fish, roe, 15 g		0 (0-1)
Lobster, 125 g		1
Squid or octopus, 125 g		1 (1-4)
Prawn, 125 g		1 (1-5)
Crab, 125 g		2 (1-4)
Crayfish, 125 g		2
Clams, 125 g		14 (1-46)
Cockles, 125 g		14 (10-18)*

Fish and seafood - Prepared

Co Score Ni Score

Fish, pickled, 55 g	1	1 (0-1)
Eel, smoked, 55 g	1*	0 (0-1)*
Fish, salted or smoked, 55 g	1 (1-2)	1 (0-1)
Fish, cooked, 100 g	1 (0-4)	1 (0-9)
Fish, canned, 55 g	1 (1-4)	1 (0-1)
Prawns, cooked, 100 g	2*	1 (1-2)
Shrimp, canned, 55 g	3*	1 (0-1)
Bivalves, canned, 55 g	7*	4 (3-5)
Mussels, cooked, 100 g	12*	6 (1-47)

Eel, cooked, 100 g		0 (0-1)
Bivalves, smoked, 55 g		1*
Shrimp, cooked, 100 g		1 (0-2)
Lobster, cooked, 100 g		1
Crab, cooked, 100 g		1
Squid or octopus, cooked, 100 g		1
Oysters, cooked, 100 g		2*
Scallops, cooked, 100 g		2 (1-3)
Crayfish, cooked, 100 g		4 (1-6)
Snails or whelks, cooked, 100 g		7 (1-21)
Bivalves, pickled, 55 g		8 (2-15)*
Cockles, cooked, 100 g		21*

Beans and bean products

Co Score Ni Score

Beans, chickpea, canned, 80 g	2*	2 (2-4)
Beans, lentil, canned, 80 g	1*	3 (2-5)*
Beans, kidney, canned, 80 g	3*	3 (1-4)
Beans, various, canned, 80 g	1*	4 (2-7)
Beans, white, canned, 80 g	4*	3 (2-4)
Beans, various, fresh, 80 g	2 (1-3)*	5 (2-10)
Beans, various, cooked, 80 g	3 (1-4)	6 (0-25)
Beans, various, dried, 35 g	6 (2-24)	8 (2-25)
Beans, black, cooked, 80 g	4*	12*
Beans, white, cooked, 80 g		3 (0-6)
Beans, black, canned, 80 g		3 (3-4)
Beans, chickpea, cooked, 80 g		4 (3-5)
Beans, pinto, canned, 80 g		4 (3-6)
Beans, lima, cooked, 80 g		5 (1-10)
Beans, pinto, cooked, 80 g		6 (2-8)
Beans, lentil, cooked, 80 g		7 (6-9)
Soya flakes, 35 g		15*

Nuts and seeds

Co Score Ni Score

Peanut butter, 15 g	1 (1-4)	2 (0-6)
Pistachios, 30 g	1 (0-1)	3 (1-4)
Almonds, 30 g	3 (2-6)	3 (1-4)
Peanuts, 30 g	3 (0-9)	3 (1-39)
Chestnuts, 30 g	4 (3-4)*	2*

Macadamia nuts, 30 g	3*	5*
Sesame seeds, 30 g	5 (0-7)	4 (1-8)
Pumpkin seeds, 30 g	2 (2-3)	6 (1-11)
Poppy seeds, 30 g	6 (1-12)	4 (1-8)
Pine nuts, 30 g	2 (1-2)	7 (5-9)
Walnuts, 30 g	2 (2-3)	11 (4-15)
Sunflower seeds, 30 g	4 (2-8)	11 (2-19)
Hazelnuts, 30 g	13 (3-23)	6 (2-10)
Hemp seeds, 30 g	8*	15 (9-20)
Chia seeds, 30 g	16 (14-19)*	7 (5-9)
Cashews, 30 g	3 (0-13)	17 (12-23)
Pecans, 30 g	14 (7-20)	18 (6-45)
Flaxseed, 30 g	21 (10-31)*	6 (4-7)
Brazil nuts, 30 g	28 (21-38)	8 (2-14)
Alfalfa seeds, 30 g	33*	17 (12-22)*
Tahini, 15 g	1 (0-2)*	
Caraway seeds, 30 g		0*
Almond butter, 15 g		2*
Safflower seeds, 30 g		2*
Hazelnut butter, 15 g		3*
Areca nut, 30 g		4*
Seeds, various, 30 g		4 (3-4)*
Nuts, various, 30 g		7 (2-25)
Niger seeds, 30 g		9 (8-9)*

Beverages - Alcoholic

Co Score Ni Score

Liquor, 30 g	0 (0-1)	1 (0-1)
Beer, 333 g	1 (0-2)	1 (0-2)
Wine, 188 g	1 (1-2)	1 (0-2)
Vermouth, 90 g	2*	1
Cider, 333 g		1
Fortified wine, 83 g		1 (0-2)

Beverages - Juices

Co Score Ni Score

Fruit drink, 250 g	1 (0-1)	1 (0-3)
Citrus juice, canned, 250 g	1 (0-1)	1 (0-1)
Lemonade, 250 g	1*	1 (0-1)
Citrus juice, from concentrate, 250 g	1 (1-2)	1 (0-2)

Apple juice, canned or bottled, 250 g	1 (0-3)	1 (0-4)
Aloe juice, 250 g	1*	1*
Grape juice, 250 g	1 (1-2)	1 (0-2)
Citrus juice, 250 g	1 (1-3)	1 (0-1)
Tomato juice, canned, 250 g	2*	2*
Vegetable juice, canned, 250 g	2	2 (1-3)
Acai juice, 250 g	2*	2*
Goji juice, 250 g	2*	3*
Pomegranate juice, 250 g	2*	3*
Mango juice, 250 g	3*	1
Prune juice, 250 g	1*	4 (3-8)
Mangosteen juice, 250 g	10*	3*
Lemon juice, 5 g		0
Turnip juice, 250 g		1*
Cherry juice, 250 g		1*
Strawberry juice, 250 g		1*
Fruit juice, concentrated, 62.5 g		1
Plum juice, 250 g		1*
Sugarcane juice, 250 g		1*
Grapefruit juice, 250 g		1 (0-4)
Blackcurrant juice, 250 g		1*
Fruit juice, various, canned or bottled, 250 g		1 (0-3)
Peach juice, 250 g		1
Passionfruit juice, 250 g		2*
Apricot juice, 250 g		2*
Pineapple juice, 250 g		2 (1-2)
Pear juice, 250 g		2 (1-3)
Vegetable juice, 250 g		2 (1-3)
Tomato juice, 250 g		2
Tomato juice, bottled, 250 g		2 (2-6)
Pineapple juice, from concentrate, 250 g		3 (1-6)

Beverages - Hot

Co Score Ni Score

Tea, brewed, loose, 250 g	1 (0-2)	1 (1-6)
Tea, brewed, bag, 250 g	1 (0-1)	1 (0-4)
Green tea, brewed, loose, 250 g	1 (0-1)	2 (1-3)
Tea, brewed, 250 g	1 (0-1)	2 (1-2)
Green tea, brewed, bag, 250 g	1	2 (1-3)

Green tea, leaves, 3 g	1 (0-2)	2 (1-5)
Coffee, brewed, 250 g	2 (1-4)	1 (0-2)
Instant coffee powder, 3 g	2 (0-4)*	1 (0-1)
Tea, herbal, dry, 3 g	0	4 (1-12)
Tea, leaves, 3 g	1 (0-3)	6 (1-51)
Tea, lemongrass, brewed, 250 g		1 (0-1)
Rosehip powder, 3 g		1*
Tea, yerba mate, brewed, 250 g		1 (0-1)
Tea, peppermint, brewed, 250 g		1 (0-2)
Tea, herbal, brewed, 250 g		1 (0-3)
Coffee, beans, 14 g		1 (1-2)
Tea, chamomile, brewed, 250 g		1 (0-4)
Tea, hibiscus, brewed, 250 g		3 (0-4)
Cereal grain beverage, 250 g		3 (0-6)
Tea, instant, 3 g		5*
Hot chocolate, 250 g		6

Beverages - Other

Co Score Ni Score

Water, bottled, 375 g	1 (0-1)	1 (0-1)
Carbonated drinks, canned, 375 g	1 (0-1)	1 (0-5)
Water, tap, 375 g	1 (0-2)	1 (0-2)
Carbonated drinks, 375 g	1 (0-2)	1 (0-1)
Strawberry milk, 250 g	1*	0*
Coconut water, 375 g	1*	3 (0-17)
Energy drink, 375 g	1*	3 (1-12)
Chocolate drink powder, 25 g	3 (0-6)*	4 (2-6)
Chocolate milk, 250 g	4 (2-17)	2 (1-5)
Soft drink syrup, 30 g		0*
Sports drink, 375 g		1
Iced tea, 375 g		2 (1-2)
Malt drink, 250 g		2 (1-3)*
Vanilla milkshake, 250 g		2 (1-10)
Chocolate milkshake, 250 g		5 (2-31)

Herbs and spices

Co Score Ni Score

Salt, 1 g	0	0
Mustard seed, 0.5 g	0*	0
Garlic, 4 g	0*	0 (0-1)

Cloves, 0.5 g	0*	0
Rosemary, dry, 0.5 g	0	0 (0-1)
Sumac, 0.5 g	0	0
Cinnamon, 0.5 g	0	0 (0-1)
Paprika, 0.5 g	0*	0 (0-1)
Allspice, 0.5 g	0 (0-1)	0*
Coriander seeds, 0.5 g	0*	0*
Ginger, fresh, 1.5 g	0*	0
Mint, dry, 0.5 g	0 (0-1)	0 (0-1)
Mahaleb cherry, 0.5 g	0 (0-1)	0
Turmeric powder, 0.5 g	0*	0*
Parsley, fresh, 1.5 g	0*	1 (0-1)
Nigella seeds, 0.5 g	0	1
Cardamom, 0.5 g	0*	1 (0-1)
Fennel, dry, 0.5 g	0*	1 (1-2)
Pomegranate seed, 0.5 g	0*	1*
Cumin, 0.5 g	1 (0-1)	1 (0-1)
Fenugreek, 0.5 g	1*	0 (0-1)
Pepper, black, 0.5 g	1 (0-1)	1 (0-2)
Herbs and spices, unspecified, 0.5 g	1 (0-1)	1 (0-1)
Ginger, dry, 0.5 g	1 (0-1)	0 (0-1)
Bishop's weed, 0.5 g	1*	1*
Basil, dry, 0.5 g	1 (0-1)	0 (0-1)
Curry leaves, dry, 0.5 g	1 (0-1)	0 (0-1)
Ramen noodle powder, 1.5 g	1*	1*
Mango powder, 0.5 g	1*	0*
Thyme, dry, 0.5 g	1	1 (0-1)
Peppermint, dry, 0.5 g	1	1
Gourmet salt, 1 g	1	1 (0-2)
Hot peppers, dried, 0.5 g	1	1 (0-1)
Cayenne pepper, 0.5 g	1	1 (1-2)
Hot peppers, 40 g	1*	2 (1-2)
Curry powder, 0.5 g	0*	
Chilli powder, 0.5 g	1*	
Dill, dried, 0.5 g		0*
Bay leaf, dried, 0.5 g		0*
Chervil, 1.5 g		0*
Saffron, 0.5 g		0*
Dill, fresh, 1.5 g		0*

Holy basil, 1.5 g		0*
Mango ginger, 1.5 g		0*
Onion, dried, 0.5 g		0*
Tamarind, 1.5 g		0*
Asafoetida, 0.5 g		0*
Annatto, 0.5 g		0*
Wasabi, dry, 0.5 g		0*
Linden inflorescence, dry, 0.5 g		0*
Parsley, dry, 0.5 g		0 (0-1)*
Garlic, dry, 0.5 g		0 (0-1)
Mint leaves, 1.5 g		0*
Nutmeg, 0.5 g		0 (0-1)
Chives, 1.5 g		0*
Ramsons, 1.5 g		0*
Cilantro, 1.5 g		0*
St. John's Wort, dry, 0.5 g		0*
Oak bark, dry, 0.5 g		1*
Mace, 0.5 g		1*
Curry leaves, 1.5 g		1*
Omum, dry, 0.5 g		1*
Marjoram, dry, 0.5 g		1
Anise, 0.5 g		1*
Anchovy paste, 15 g		1 (0-1)
Rosemary, fresh, 1.5 g		1
Oregano, dry, 0.5 g		1 (0-1)
Lemon balm, 0.5 g		1*
Sage, dry, 0.5 g		1*
Basil, fresh, 1.5 g		1
Oregano, fresh, 1.5 g		1
Savoury, dried, 0.5 g		1*

Fats and oils

Co Score Ni Score

Corn oil, 10 g	0	0 (0-1)
Olive oil, 10 g	0	0
Palm oil, 10 g	0*	0*
Rice oil, 10 g	0*	0*
Vegetable oils, unspecified, 10 g	0 (0-1)	0 (0-1)
Sunflower oil, 10 g	0 (0-1)	0 (0-1)

Cottonseed oil, 10 g	0*	0*
Almond oil, 10 g	0*	0*
Pumpkin seed oil, 10 g	0 (0-1)	0
Butter, 10 g	0 (0-1)	0 (0-1)
Soybean oil, 10 g	0 (0-1)	0 (0-1)
Margarine, 10 g	0 (0-1)	1 (0-2)
Grapeseed oil, 10 g	1*	0
Coconut oil, 10 g	1	0 (0-1)
Hazelnut oil, 10 g	1 (0-2)*	0*
Sesame oil, 10 g	2*	1 (0-1)
Lard, 10 g		0
Mustard oil, 10 g		0
Avocado oil, 10 g		0 (0-1)
Peanut oil, 10 g		0 (0-1)
Cocoa butter, 10 g		0
Canola/rapeseed oil, 10 g		1 (0-1)
Ghee, 10 g		1 (1-3)
Shortening, 10 g		2 (1-3)

Snacks and desserts

Co Score Ni Score

Gelatin dessert, 130 g	0 (0-1)	1 (0-1)
Applesauce, 110 g	1 (0-1)	1 (0-2)
Chewing gum, 3 g	1 (0-1)	1 (0-1)
Raisins, 40 g	1	1 (0-2)
Vanilla ice cream or frozen yogurt, 129 g	1	1 (0-2)
Banana chips, 40 g	1*	1*
Cookies, not chocolate, 30 g	1 (1-2)	1 (0-7)
Corn chips, 50 g	1 (0-1)	2 (1-2)
Popcorn, 50 g	1 (1-2)	2 (0-5)
Prunes, 40 g	1*	3 (2-3)
Cereal bar, multigrain, 35 g	1 (1-3)	3 (1-5)
Cookies with chocolate, 30 g	3 (2-4)	2 (0-7)
Cereal bar, rice, 35 g	3*	1*
Savoury crisps, 50 g	3 (3-5)	1 (1-2)
Ice cream desserts, 129 g	3 (0-15)	3 (0-11)
Dried apricots, 40 g	2*	4 (2-5)
Cereal bar, with chocolate, 35 g	4 (3-4)*	3 (1-7)
Potato chips, 50 g	4 (1-10)	1 (1-3)

Raisins, yogurt candy coated, 40 g	4*	1*
Ice cream, non-dairy, 129 g	1*	5 (2-9)
Snacks, bean-based, 50 g	7*	7 (3-13)
Baba ganoush, 30 g		0*
Breadfruit, dried, 40 g		0*
Popsicle, 30 g		0 (0-1)
Pork rinds, 20 g		1*
Sherbert/sorbet, 129 g		1 (0-1)
Dried cherries, 40 g		1*
Graham crackers, 30 g		1 (0-1)
Pretzels, 50 g		1 (0-1)
Dried mango, 40 g		1*
Dried strawberry, 40 g		1 (1-2)
Dried currants, 40 g		1*
Vegetable chips, 50 g		1 (1-2)
Rice pudding, 130 g		1 (1-2)
Pudding, not chocolate, 130 g		1 (0-6)
Dried dates, 40 g		2 (1-2)
Snacks, corn-based, 50 g		2 (1-2)
Cookies with nuts, 30 g		2 (1-3)
Dried blueberry, 40 g		2*
Dried pear, 40 g		2*
Dried rosehips, 40 g		2*
Dried mulberry, 40 g		2*
Snacks, potato-based, 50 g		2*
Dried cranberry, 40 g		3*
Dried pineapple, 40 g		3*
Pudding, chocolate, 130 g		3 (2-4)
Cookies with chocolate and nuts, 40 g		4*
Dried raspberry, 40 g		5 (4-6)*
Dried figs, 40 g		5 (5-6)
Chocolate ice cream, 129 g		5 (3-7)

Sugars and sweets

Co Score Ni Score

Sugar, white, 4 g	0	0
Fructose, 4 g	0*	0*
Honey, 20 g	0 (0-1)	1 (0-2)
Syrup, not chocolate, 60 g	1 (0-2)	1 (0-2)

Candy, 40 g	1 (0-2)	1 (0-1)
Sweetened evaporated milk, 30 g	1*	1*
White chocolate, 15 g	2*	1 (0-2)*
Maple syrup, 60 g	3 (1-6)	2
Chocolate confections, 40 g	4 (2-7)	4 (1-13)
Chocolate confections with nuts, 40 g	4*	3 (0-12)
Chocolate, 40 g	10 (3-20)	8 (2-20)
Lactose powder, 1.4 g		0*
Xylitol, 1.4 g		0*
Sugar, brown, 4 g		0
Corn/glucose syrup, 30 g		0*
Molasses, 20 g		1 (0-1)*
Gummy candy, 40 g		1 (0-1)
Marzipan, 30 g		1*
Malt syrup, 30 g		2*
Licorice, 40 g		2 (1-3)
Confections with nuts, 50 g		3 (1-5)
Syrup, carob, 60 g		4*
Syrup, chocolate , 60 g		6 (1-8)

Sauces, dips, condiments and spreads **Co Score** **Ni Score**

Mayonnaise, 15 g	0	0 (0-1)
Horseradish, 5 g	0*	1 (0-1)
Dips, dairy-based, 30 g	0*	1 (0-2)
Mustard, 5 g	1*	0 (0-1)
Teriyaki sauce, 15 g	1*	1*
Dressings, 30 g	1 (0-1)	1 (0-22)
Fruit jams, 15 g	1 (0-1)	1 (0-2)
Soy sauce, 15 g	1 (0-1)	1 (0-4)
Ketchup, 15 g	1*	1 (0-1)
Sweet and sour sauce, 30 g	1*	1 (0-1)
Guacamole, 30 g	1*	1 (1-2)*
Salsa, 60 g	2*	1 (0-3)
Hummus / pulse dips, 30 g	2	2 (1-4)
Pesto, 60 g	2*	3 (1-9)
Chocolate hazelnut spread, 15 g	4*	2*
Marmite, 5 g	2*	
Sweet soy sauce, 15 g	4*	

Vegemite, 5 g	8*	
Chili sauce, 15 g		0
Hollandaise sauce, 30 g		0*
Relish, 15 g		0*
Fruit jelly, 15 g		0 (0-1)
Oyster sauce, 15 g		1*
Chutney, 15 g		1 (0-1)*
Bechamel sauce, 125 g		1 (0-1)
Barbecue sauce, 15 g		1 (0-1)
Soy mayonnaise, 15 g		1*
Pad thai sauce, 125 g		1*
Gravy, 60 g		1 (0-4)
Curry sauce, 125 g		2 (1-3)
Tartar sauce, 30 g		2 (0-5)
Satay sauce, 125 g		5*

Miscellaneous **Co Score** **Ni Score**

Vanilla extract, 1 g	0	0
Baking powder, 0.6 g	0 (0-1)	0 (0-1)
Vinegar, 15 g	1	0 (0-1)
Broth, 250 g	1	1 (1-2)
Tomato sauce, 60 g	1 (1-4)	1 (1-2)
Yeast, 0.6 g	1 (1-2)	0
Nutritional yeast, 5 g	2*	0*
Protein powder, 30 g	2 (1-4)*	2 (1-5)
Coconut, dried, 15 g	1	3 (1-5)
Cocoa powder, 5 g	5*	6 (3-9)
Thickeners and gums, 0.5 g	1 (0-2)	
Emulsifer, 1.5 g		0*
Tempura batter, 30 g		0*
Agar, 0.6 g		1 (0-1)*
Baking soda, 0.6 g		1 (0-1)
Barley malt, dried, 5 g		1*
Bouillon powder, 6 g		1 (0-1)
Vekao powder, 5 g		1*
Tomato paste, 30 g		2 (1-3)
Carob flour, 5 g		2*
Cocoa mass, 5 g		3*